SENTIMENTS

Oh, it's just the little homely things,
The unobtrusive friendly things,
The "wont-you-let-me-help-you" things,
That make our pathway light.

And it's just the jolly joking things,
The "never-mind-the-trouble" things,
The "laugh-with-me-it's-funny" things,
That make the world seem bright.

For all the countless famous things,
The wondrous record-making things,
Those "never-can-be-equalled" things,
That all the papers cite. . . .

Are not like human things,
The every-day-encountered things,
The "just-because-I-like-you" things,
That make us happy—quite.
So here's to all the little things,
The "done-and-then-forgotten" things,
Those "oh-it's-simply-nothing" things,
That make life worth the fight.

—W. C. Purdy.

Menu Hints

Recipes for New and Novel Dishes; Household Ideas and Suggestions

HAVE YOU A LITTLE BRIDE IN YOUR HOME?

If there is to be a bride in your family and it is your happy task to provide a buffet wedding breakfast—no doubt you are wondering what to serve as a sweet. It must be something outstanding in honor of the event, but at the same time it must be a dessert which makes it easy for the guests to help themselves. These strawberry tarts are the creation of a famous chef, and are entirely worthy of even such an occasion as great as a wedding luncheon—or breakfast, if you choose to call it so.

AMBASSADOR STRAWBERRY TARTS

1 cup cream, whipped
1 cup egg white, stiffly beaten
¾ cup sugar
½ teaspoon vanilla
1½ cups moist, sweetened coconut
1 cup sweetened sliced strawberries
6 baked 3½-inch tart shells

Combine cream, egg, sugar, vanilla, and 1 cup coconut. Place strawberries in bottom of tart shells, pile cream mixture on fruit, and sprinkle with remaining coconut. If desired, place one whole strawberry on each tart before sprinkling with coconut. Serve at once. Serves 6.

MINT ICE CREAM

2 cups milk
½ pound after dinner mints
1 junket tablet
1 tablespoon cold water
1 cup heavy cream
Grape green color

Put the junket tablet in a cup with cold water. Crush with a spoon to dissolve. Put mints in mixture of cream and milk. Stir well, and warm to lukewarm—not hot. Add the dissolved junket tablet. Stir a few seconds. Pour at once into freezer can. Let stand undisturbed in warm room until firm—about 10 minutes. Chill, and when ready to pack and freeze add a few drops of grape green color.

THE SAVORY SAUSAGE

Too many cooks neglect the humble sausage—failing to realize that it lends itself to exceptionally attractive dishes. Here are two sample recipes:

SPANISH SAUSAGE

1 pound pork sausage
6 small green peppers
1 cup bread crumbs
1 cup tomatoes
1 onion, grated
1 cup diced celery

Mix sausage, bread crumbs, grated onion, and diced celery. Moisten with tomatoes. Cut tops off green peppers, remove seeds and parboil for five minutes. Stuff with sausage mixture and bake in a moderate oven (350 degrees F.) for thirty minutes.

SAUSAGE STUFFED BAKED APPLES

1 pound pork sausage
4 cooking apples
1 cup sugar
1 tablespoon butter

Pare the apples and remove the centres. Stuff with pork sausage. Place in a baking dish. Sprinkle with sugar and dot with butter. Add 1 cup water, cover, and bake in a moderate oven (350 degrees F.).

Miller's Worm Powders are not surpassed by any other preparation as a vermifuge or worm destroyer. Indeed, there are few preparations that have the merit that it has to recommend it. Mothers, aware of its excellence, seek its aid at the first indication of the presence of worms in their children, knowing that it is a perfectly trustworthy medicine that will give immediate and lasting relief.

DIFFERENT CASE

A judge, falling of re-election, was made cashier of a local bank. A man presented a check to be cashed.

"Dont know you," greeted the new cashier.

The customer produced a credit card, a business card and a lot of letters addressed to himself.

"Not sufficient identity," said the cashier, pushing the check back.

"Why, Judge," protested the man, "I've known you to hang a man on less evidence than that."

"That may be," said the Judge, "but when you're paying out money, you have to be careful."

HELPFUL

Customer: "Can you help me select a gift for a wealthy old aunt who is weak and can hardly walk?"

Clerk: "How about some floor wax?"

USES OF LIMESTONE

Dozens of Industries Require It in Process of Manufacture.

Limestone is obtainable in more than 1,500 localities in Canada, much of it of fine quality. In addition to its use as a building stone and for roads, railway ballast and concrete aggregate, limestone is used for many purposes. It is the principal raw material in the manufacture of Portland cement, and also in the manufacture of calcium carbide and cyanamide, which latter are the bases of many chemical products.

The iron and steel industry, as at present constituted, could not exist if limestone were not available to free the iron from its ores. In the production of gold, silver and other metals, lime and limestone play important parts. Quantities of lime are used in tanning leather.

Limestone is indispensable to the pulp and paper industry—every piece of paper is made by its aid. So, too, does the glass industry require limestone for most of its products—particularly for window glass. Limestone is essential to the manufacture of washing soda, baking soda and many other chemicals. Large quantities are used in the refining of sugar. The uses of lime for plaster, mortar and whitewash are generally known.

When limestone is pulverized and mixed with linseed oil it is known as putty. Pulverized limestone is also used in the compounding of rubber for footwear and flooring. It is used in oilcloth and in cold-water paints. Some cigarette papers contain as much as 30 per cent. pulverized limestone.

Limestone is a source of carbon dioxide gas which, when compressed into the solid state, forms the refrigerant known as dry-ice, now coming into wide use. A certain type of limestone when melted in a small blast furnace and blown by high-pressure steam into myriads of fibres, yields a fluffy material known as rock wool—one of the most efficient insulating materials on the market.

V.C. BECOMES DOORMAN

Michael O'Leary, the first Irishman to win the coveted Victoria Cross in the Great War, is now a carriage attendant at the Mayfair Hotel in London. Michael startled the world in 1915 during a raid against the enemy's brigade at Guinchy. He "practically captured the enemy's position by himself" by single-handed action against a barricade of Germans. He killed five with his bayonet, shot three others, and took two prisoners.

A BACHELOR'S GIFT

Anonymous Donor Made Warriors' Chapel in Westminster Possible.

The Dean of Westminster, Dr. Foxley Norris, has revealed that the rich furnishings of the Warriors' Chapel in Westminster Abbey were provided by an anonymous donor at the cost of half his savings. He died without seeing them.

The chapel is to serve as a shrine of remembrance to mothers, widows, and orphans of those who fell in the war. It was dedicated by the Prince of Wales.

"A man by no means rich came to me," says the Dean, "and offered me a large sum of money for the work. It represented half his life's savings, and he was, I believe, a bachelor, but he was extraordinarily keen about the chapel. His one condition was that he should remain anonymous, and even his relatives did not know of his gift. To me, he was a complete stranger.

"The most touching part of the story is that he died about three months before his dream came true.

"Mothers all over the world, in pennies, sent me £800 through the Mothers Union for the altar, and Miss Bennett, the late mayoress of Westminster, who gave untiring work to our object, raised a large sum of money."

NEW SIGNAL CODE

English Language is Basis of International Communication Scheme

As the result of two years' work by an international committee, a new international signal code for ships and aircraft has been drawn up.

English is the basis language of the code. For the first time in international radio code is included with an elaborate table for communicating symptoms of disease in detail to a ship carrying a doctor.

"SOS" as a distress signal receives official recognition for the first time, although it has long been generally accepted. The aircraft distress signal "Mayday", the anglicized version of "M'aidez", meaning "help me", is also to be official.

LIFE INSURANCE IN CANADA

Life insurance in force in Canada is estimated at about $650 per head of population.

BURIED HATCHETS

Workmen unearthed a score of battle-axes, said to be more than 1,000 years old, in Buckinghamshire, England. Probably the site of a prehistoric peace conference.

"The object of living is work, experience, happiness."—Henry Ford

The LETTER BOX

MORE MONTREAL MUSINGS

Dear Free Press:

I notice that the editor has left the rattle of printing presses and busy streets and indulged in a fishing trip, with accompanying quiet reflections. The two go well together usually, and he has cordial good wishes for a renewed mental stamina following a quiet time with brooks and trees. He does not tell the size of his catch, but there is a true speckled trout brought into the city here from back north, measuring 24¾ inches long, by 5½ girth, which is to be mounted, and placed on display at the C. P. R. station. I read during the week in an American church paper being sent me of a man who had imbibed rather freely in a recently licensed beverage room, on seing an immense catfish displayed on a slab in a store window, remarking, "Well, the man that caught that fish is a liar!"

* * *

I presume the old town has many banks of brilliance in the way of floral beauty. There used to be such places. Here the tulips are fast giving way to other displays, but there were many of them. There has been a fine season of bridal wreath, which makes a splendid showing. Perahps I saw them in Acton, but the first I remember was a splendid bush at the end of the M. E. Church in Stevens Point, Wis. In this connection, re floral culture, I heard an address in Acton—probably the editor did also, by a gentleman who said that when in Liverpool, not long before, he was told of a wonderful American velvet plant, which was greatly admired in a nearby conservatory. He was conducted to it, and found a tall, beautiful, rich glossy plant, which, however, was what he had known as mullein, "a common roadside Canadian mullein!" And from this he deduced the possibility of transformation of human moral character by proper location, good nourishment of soul, and earnest, faithful care. Later—The peonies have attained an immensity and elegance of display, such as I never remember.

* * *

The occasional and sometimes frequent apeparance on the streets of men in the khaki recalls the sad days, some twenty years ago, when so many of our homes were saddened by the coming of such outfits. And greater still, those homes whose sons thus outfitted never returned. No wonder such a similar experience is so dreaded these days. And small wonder that some earnest souls, like Rev. J. Lavelle Smith, a former Acton boy, who spent three years in war's horrors, are following the lead of others in seeking to influence the nations' rulers by pledging against having anything to do with war. A few public appeals by Mr. Smith in the press has resulted in his already having received several thousand of such pledges in an altogether unorganized effort. However, it is only fair to say that many earnest admirers of his resolute effort cannot just feel sure of so completely cutting off such action under some circumstances. I have more than once heard it publicly discussed, with Lavelle earnestly pleading his position, yet others pleading for a reserve of conscience.

* * *

The foregoing has been detained from mailing on account of a non-published letter last week. More recently — on June 24th — occurred the great annual Saint Jean Baptiste celebration in the way of an immense procession. John the Baptist has been the patron saint honored all along by the French-Canadian people, and is a provincial holiday. The flags, however, of both nationalities companion together in the decorations. And as the Gazette pointed out on that Monday morning, there is basically a sound moral principle honored, for John the Baptist certainly was a man of, and for righteousness, either practised or to be sought after. I was over two hours on Sherbrooke Street, near the University, waiting for, or observing the procession, and becoming tired, walked, meeting a lot of it, and finally retired before seeing a large remainder. As I viewed, even where I was, the thousands of expectant sight-seers—English enjoying it as well as French—I thought of an assembly described by a writer whose works none of us study enough, whose calculation was expressed in such an unlimited way, as "thousands upon thousands, and thousands of thousands." In the present instance the press moderately put it at 200,000. There were the French-Canadian Societies, and churches, and schools represented, as well as vast hordes of firemen, police and other public servants. Floats, representing many phases of life from Jacques Cartier's arrival, in 1534, onward, were displayed. Taking a St. Catherine street car a couple of blocks lower down, for home, I ran into the early section of it as it had turned down Atwater, far out west, where the throngs were greater than any previously seen. The immense cross on the eastern crest of the mountain, 100 feet high, visible, on being lighted at night, 30 miles down river, is the work of the Society bearing the name of the patron saint.

Yours,
J. S. COLEMAN.
4057 Wilson Avenue, Montreal.

CHARMING

Eva: "Did you enjoy your ride last evening with that young doctor?"

Elsie: "I should say I did. He has a most charming roadside manner."

SLAT'S DIARY

BY ROSS FARQUHAR

Friday—Jane was makeing fun of sum things I sed and it made me about ½ sore and I sed to her. I spose you think mebby I am a Purfeck dum bell and she replyed and sed. I no I dont think you are a Purfeck dum bell becuz I dont think no 1 ever becums Perfeck.

Saterday—Cliff Pudge says things has changed a Lot sence he went & got marryed. he sed that before he went and got marryed why he use to ever once in a wile find a $ Bill in his pocket on Munday morning or so.

Sunday — I was out looking at the garden I planted about a munth a Go and it dont look so good. I planted a nickels wirth of Lettice and sum reddishes and a few Cabbage and it looks like I got a lotta Holly Hawks and sum sun flours and mebby about a bu. of weeds and dandy lions.

Munday — well Blisters Muther has finely dissided to put up curtains on her Winders becuz she says she beleaves mebby it will pervent the neibors frum seeing her watch them mebby.

Tesuday—Joe Hix is a getting mitey tired of the way he is treated by the people who run the Releaf bisiness. He says if they go to a pitcher show a cupple times a weak they run short of munny and that if they dont play square with him he is libel to go and get his self a Job.

Wensday—Libby Wort says she is in a Pickel., she dussent no weather to devorce her husbend or by a Revolver. she can get a revolver for a few $.

Thursday—The ensurance agent witch tells pa his ensurance was held up by a Burgular the uther nite and the ensurience agent sold him a 5 thousand $ life ensurance Policy. he sed.

Persian Balm promotes daintiness, charm and beauty. It is unrivalled in in its magical effect on the skin. Swiftly absorbed by the tissues, it leaves never a vestige of stickiness. Delightfully cool to the skin. Stimulating and invigorating. Softens and makes the hands flawlessly white. Subtly fragrant. Imparts youth and loveliness to the complexion. Persian Balm is the inevitable choice of the woman who cares.

THE CONTROL OF ANTS

Although the majority of the Canadian species of ants live in colonies or nests outdoors, they frequently cause annoyance by invading kitchens and pantries in search of food. One of the most common and troublesome household species, known as the red ant, or Pharaoh's ant, confines itself entirely to heated buildings such as bakeries, restaurants and houses. This tiny, reddish-yellow ant had its origin in the tropics. The common large black carpenter ant, although normally an outdoor species nesting principally in decaying wood, frequently occurs in dwellings, particularly frame houses, and summer cottages, and may cause injury to woodwork as well as annoyance by its presence. A third common species is the small yellowish-brown lawn ant, which nests in lawns and gardens, often entering houses in search of food.

Ants are social in their habits, and live together in colonies. The majority of the ants in a colony and the ones most commonly seen, are wingless, undeveloped female workers, which are incapable of reproducing their kind. Each colony also possesses one or more true females or "queens," which are responsible for the generation of new individuals. The white, helpless, larvae and pupae which develop from eggs laid by the "queen," are cared for by the workers which may be seen transporting them to a place of safety when the nest is threatened with danger. Ants which enter dwellings will feed on many kinds of foodstuffs, but are particularly fond of sweet and fatty substances.

The most satisfactory material so far discovered for destroying ants is sodium fluoride, sold by druggists in the form of a fine white powder. This powder should be scattered or dusted lightly in places frequented by the ants and left undisturbed until the insects have disappeared. As sodium fluoride is somewhat poisonous care should be taken to prevent children or pets from gaining access to it.

MASCULINE AND FEMININE

Teacher: "What is the feminine of bachelor?"

Boy: "The feminine of bachelor is lady-in-waiting."

TWO STEPS TOO LONG

After the finish of a 20-mile hike, the athletic director addressed the hikers lined up before him.

"Any one who is too tired to go on, take two steps forward." Every one but Smith stepped up.

"Well, Smith, you're ready to go on?"

"No, sir. I'm too weak to take two steps!"

Haven't you noticed that your happiest hours occur on days when you feel your best?

Have more of those happy days. You and all yours family. Guard health while you have it. Keep on the sunny side of life.

The greatest enemy of health is common constipation. It may cause loss of appetite and energy. Certainly it kills enthusiasm! Yet it can be banished by eating a delicious cereal.

Laboratory tests show Kellogg's All-Bran supplies "bulk" and vitamin B to relieve common constipation. Also iron for the blood.

The "bulk" in All-Bran is much like that in leafy vegetables. How much pleasanter to eat this delicious ready-to-eat cereal than to take patent medicines. Two tablespoonfuls daily are usually sufficient. Chronic cases, with each meal. If not relieved this way, see your doctor. Made by Kellogg in London, Ont.

The Open Road

SUPPOSE you came suddenly upon two roads. One straight, well-trodden . . . the other thin and twisting off into undergrowth. If you didn't want to arrive at any place in particular, you might select the latter. But not otherwise.

BEFORE you as a buyer, run two roads. One is the road of knowledge, of an advertised product. Thousands use it. There is no mystery about it, no doubting, with nothing hidden. It leads the way definitely to a fountain pen, a floor wax, or a toothpaste that will give you satisfaction. When you use an advertisement, you use an open road.

WHEN you don't use advertisements, you go the doubtful road. You have only hazy knowledge of the product ahead. No trademark or name to depend on guides you. The result may or may not be worth the effort. You don't know.

READ the advertisements. Anything that is widely advertised---breakfast food, chewing gum, groceries---has proved itself good by advertising.

Advertisements put you on the open road to satisfaction

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The Door of Opportunity!
These Small Ads will Open the Door to Whatever You Are Seeking